

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant A

How does the Spirit move across the Face of the Earth?

The Story of Participant A

“My mother was of Italian origins from New York. My father was a mutt with Midwestern roots. He was recruited by the FBI out of high school. He wanted to become a writer. My parents met at work, fell in love, got married. There were three kids, all girls. I was the oldest one. Mom suffered from postpartum depression for several years. She would put us to bed by 5:00 each evening and Dad would come home and come up to see us and we would tell stories. By my 3rd Christmas, I was acting odd in front of the camera.”

Then came the big day of change at the age of 11 when she had to grow up much too fast with the birth of her 4th sister Linda, who had a serious congenital heart defect, and with the emotional withdrawal of her parents due to her mother’s nervous compulsions and her father’s alcoholism. She now became the caretaker of her little sister whom she played with through an imaginative world they created together. The strain of those years shows in her face as she recounts how she dreamed of running away from home. By high school she was out of touch with her parents to such a degree she was basically living on her own with all the likely consequences that followed – sex, drugs, and depression. How she managed to keep her grades up is anyone’s guess, but she gave testimony to the importance of her friends filling a vacuum in her life.

The maturing process of college laid the foundation for a successful career in business or so it seemed on the surface. Not far below a darkness continued to haunt her resulting in failed relationships, an abortion, the death of close friends, depression and unemployment. But once again, remarkably, she lands on her feet in a new organization with a new career beckoning. It is a cycle that repeats itself over the first half of her life. When she arrives at TMI for the first time she feels she has been through several incarnations in the same body. TMI is another demarcation in her life, a period during which she recounts a series of “road trips.” A modern day version of the ritual undertaking of pilgrimages, she spent time at various centers of healing and selfexploration – Esalen, TMI, the Barbara Brennen School of Healing. She was developing and honing her extrasensory capacity even as she struggled against those aspects of her self. The journey includes helping her youngest sister make her transition – “it was a beautiful death, we sang to her as she died.” She is coming to acceptance of

herself in a much larger view of what that means – “we are creating all the time with our thought patterns, by forgiving, by remembering.”

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

My best memories [. . .] lots of make believe. I played on a magic carpet that took my friends and me into new worlds where we had many adventures. I remember telling one my friends that he was so lucky because he could grow up to be an astronaut [. . .] But I was just curious about a number of things. I loved stories of dinosaurs. I remember getting a chemistry set as a child and “mixing potions.”

- Started and currently runs an executive and life coaching practice.
- Currently writing a book.
- Teaching and public speaking as a consultant and executive coach.
- Extreme white water rafting & kayaking.

Other Personal Development Activities

- Attended Esalen (multiple week long sessions) and a Barbara Brennen sponsored workshop, has gone swimming with dolphins in Hawaii, and has taken several Road Trips (lasting from 1 to 3 months each) during periods of major changes in her personal and professional life.

Compassion for Oneself and Others

I fantasized about running away from home – I was quite depressed as a child